

Staying Safe During **EXTREME** Heat

What should you do?

- Limit the time you, your family and pets spend outside
- Stay hydrated - water is best
- Avoid hard physical labor and exercise
- Wear light-weight clothing
- Seek medical help if you begin to feel ill
- Check in on relatives and neighbors
- **Don't** leave children or pets unattended in your vehicle

Populations at Higher Risk

- Infants and children up to four years of age
- People 65 years of age and older
- People who are overweight
- People who are ill or on certain medications

Heat Exhaustion and Heat Stroke

Heat Exhaustion Warning Signs:

- Cool, moist, pale, or flushed skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness and/or fatigue

What should you do?

- Drink cool beverages
- Seek air conditioning
- Rest
- Remove heavy clothing

Symptoms of Heat Stroke:

- Red skin that is hot to the touch, may feel dry
- Body temperature may rise dramatically
- Changes in consciousness
- Rapid, weak pulse
- Rapid, shallow breathing

Heat stroke can be life threatening. Emergency medical help should be called immediately.
Move to a cool place and cool down with water while waiting for medical help.

In an EMERGENCY dial 9-1-1